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THE
Velvet Blend Book
MILK-RICH
CARNATION RECIPES

an Invitation FROM CARNATION

● If you are a busy homemaker who finds her time well taken up outside the kitchen, you will welcome these practical, tested recipes, with their satisfying flavor and velvety texture, as just what you've been looking for.

Right out of the Carnation Kitchen direct to you come these delicious, appealing, easy-to-make recipes, from soups to desserts, made with Carnation Evaporated Milk.

They are the kind of recipes that are easy to follow, simple to make, and oh-so-good to eat. All details have been worked out so that your preparations go right along to a delectable dish that is a boon to any homemaker, whether she is cooking for two, four, or six.

These Velvet Blend recipes *save* time and energy — take the guesswork out of cooking. And the results are gratifying! We know you'll be delighted with the uniform, dependable quality of your cooking with Carnation Milk.

Our Home Service Department enjoyed testing these recipes for you . . . and here is your "Invitation from Carnation" to *see* how well we have succeeded . . . and to succeed, yourself!

Cordially,

Mary Blake

Home Service Department
CARNATION COMPANY

and attention.
unhappy circumstances. See how they have for years
lived in the same old house for the past 20
years. He came to live in the "Conventual House".

HE:LP

CONVENTUAL SOCIETY
HOME RELIEF DEPARTMENT

STUDENTS' HOME

There is a lot of work done in the house.
Please see the list of the members. I will be

concerned with the work of the house.
There are 15 members in the house — 10 boys
and 5 girls. The house is very small
and is situated in the middle of the town.
The house is very small and is situated in the middle of the town.
The house is very small and is situated in the middle of the town.

There are 15 members in the house — 10 boys
and 5 girls. The house is very small
and is situated in the middle of the town.
The house is very small and is situated in the middle of the town.
The house is very small and is situated in the middle of the town.

There are 15 members in the house — 10 boys
and 5 girls. The house is very small
and is situated in the middle of the town.
The house is very small and is situated in the middle of the town.
The house is very small and is situated in the middle of the town.

THE HOUSE

CONVENTUAL SOCIETY
HOME RELIEF DEPARTMENT



GOOD NUTRITION IS RIGHT ON YOUR PANTRY SHELF...WITH "VELVET BLEND" CARNATION MILK

● Add to good nourishment for your family, and to your own pleasure and satisfaction, by planning meals using milk-rich dishes with a notably smooth, delicate texture — a "velvet-blended" perfection.

Carnation Evaporated Milk, being always sweet and pure, never varying in richness and high quality, helps you by bringing to foods a fine flavor and smooth consistency preferred by homemakers everywhere. Among home economics experts to whom cooking is both a science and an art, Carnation is chosen for the definitely improved quality it gives to so many dishes.

Carnation is simply good whole milk evaporated to *double richness*, homogenized to break up the cream particles, sterilized for safe keeping, and containing 400 units of vitamin D per pint. Nothing is added except the "sunshine" vitamin to make it more completely nourishing for your family. Nothing is taken out except part of the water that is present in all milk as it comes from the cow. Evaporation retains *all* the important food values — butterfat, milk sugar, proteins, and minerals, as well as the vitamins that milk can be depended upon to supply. Carnation Milk carries the Seal of Acceptance of the Council on Foods and Nutrition of the American Medical Association. It is milk in a most dependable, convenient, and economical form.

Carnation Milk is fine flavored, creamy light in color. And because it is heat treated, and homogenized into unusually fine and evenly distributed cream particles, it gives to all cooked foods in which it is used an exceptional creaminess. Truly a "velvet blend"! These qualities are especially noticeable in cream soups, sauces, puddings, and ice cream . . . you can always depend upon Carnation's quality.

Carnation Milk forms a perfect base for frozen desserts and salads because, when properly chilled, it whips easily and readily. It is less expensive than cream and can be used on fruits and cereals and in coffee just as it comes from the can.

Using Carnation is the modern way to get **BETTER** cooking results.



QUICK TRICKS . . . AND A "VELVET BLEND" . . . WITH CARNATION

The all-around usefulness of Carnation Milk is one of its outstanding advantages. It may be used either diluted or just as it comes from the can. It whips, it freezes, it may be acidified for blending with other foods. Being heat treated, homogenized, and doubly rich because of evaporation, it gives a texture so creamy-rich, so velvety-smooth, that you can't help being delighted. Carnation Milk, because of its convenient and dependable form and its economy, is in keeping with modern standards of efficiency in the kitchen and a real help to any homemaker.

TO USE CARNATION IN PLACE OF ORDINARY MILK:

In a recipe calling for whole milk, dilute Carnation Milk with an equal amount of water. The recipes in this book state whether Carnation Milk is to be used undiluted, or diluted with a given amount of water.

TO SOUR CARNATION MILK:

For every cup of *sour "cream"* desired, use 1 cup of Carnation Milk and 1 tablespoon of vinegar.

For every cup of *sour milk* desired, use $\frac{1}{2}$ cup of Carnation Milk, $\frac{1}{2}$ cup cold water, and 1 tablespoon of vinegar.

The method is simple, the ingredient is always available. For baking, use $\frac{1}{2}$ teaspoon baking soda to each cup of soured milk or "cream."

TO WHIP CARNATION MILK:

The secret of success in whipping Carnation Milk is to have the milk *very* cold. Keep an unopened can always on hand in the refrigerator and it will be ready to super-chill at a moment's notice. Milk merely allowed to stand in the food compartment of the refrigerator for a few hours will not be cold enough to insure satisfactory results. If you have an automatic refrigerator, empty the milk into the freezing tray and chill until fine ice crystals begin to form around the edges. Or you may place the unopened can in one of the freezing compartments until thoroughly chilled. If you use ice, pack the unopened can in a bowl with a salt-ice mixture. The milk should be chilled to about 40° F. Pour it into a cold bowl and whip rapidly with a cold beater.

Carnation Milk will not turn to butter, no matter how long it is whipped or how many times it is re-whipped.

The addition of lemon juice improves the stiffness of the whip. Whip milk until stiff, then add two tablespoons lemon juice for every cup of milk. Continue whipping long enough to blend in lemon juice. 1 cup Carnation makes 3 cups whipped.

DESSERT TOPPING

- 1 cup Carnation Milk, undiluted
- 2 tablespoons lemon juice
- $\frac{1}{4}$ cup confectioners' sugar
- 1 teaspoon vanilla extract

Chill milk thoroughly. Whip until stiff. Add lemon juice and continue whipping to blend thoroughly. Add sugar and vanilla. Mix well. Yield: 3 cups.



Box Lunches

● A homemaker who puts up lunches for her children or husband needs plenty of imagination, for she must stimulate an appetite far away from her pretty kitchen or dining table accessories. A "lunch-box corner" with a sharp slicing knife, waxed paper cups with covers, waxed paper, and paper napkins saves both her time and energy. There she can create new combinations and old favorites with ease and finesse. "A Day's Pattern for Good Eating," set up by the United States Government, suggests this ideal plan for luncheon or supper:

MEAT POULTRY FISH EGGS CHEESE

(Main dish or sandwich)

VEGETABLE — COOKED OR RAW

(Green or yellow)

BREAD

BUTTER

(or fortified margarine)

FRUIT

MILK

Using this pattern as a lunch box guide, we find:

MEAT, POULTRY, FISH, EGGS, CHEESE may be combined with the BREAD and BUTTER for sandwiches. Two sandwiches with a variety of fillings and bread are the backbone of the lunch box. Fillings that awaken the lagging appetites are: Egg salad with pimienta, chopped roast meat with pickle and mayonnaise, chopped bacon and onion with mayonnaise, banana, peanut butter and salad dressing, chopped dates and figs moistened with Carnation Milk.

VEGETABLE: Crisp celery curls or carrot sticks, or a tomato with a small cup of mayonnaise, may be wrapped in waxed paper. Cooked vegetables may be made into salads and carried in waxed paper cups with lids.

FRUIT: A banana or pear with a piece of Gingerbread* or a Peanut Cookie* makes a pleasant ending to a nutritious meal.

MILK: Cream Soups*, Hot Cocoa*, or chilled Milk Shakes* may be carried in a vacuum bottle. If beverage is hot, rinse bottle with hot water before filling; if cold, rinse with cold water first.

SUGGESTION: Tuck in a surprise for a "lift." A cartoon or a joke will bring a chuckle and some pieces of velvet-smooth Carnation Fudge* will be shared with others.

* See recipe section

Beverages

● It's surprising that milk drinks can taste so professional when served across the "kitchen counter." These extra-rich Carnation Milk combinations are wonderful pick-ups for snack times, and will add nourishing food values to any meal. The idea of a "home soda fountain" offers fun for the whole family — children love "make-your-own" drinks and these milk drinks are real energy builders.



BLACK COW

- 1 cup Carnation Milk, undiluted
- 2 cups cold root beer

Chill Carnation Milk. Beat until frothy. Stir in root beer. Serve at once over ice cubes. Serves 4.

CHOCOLATE BANANA MALTED

- 4 large ripe bananas
- 2 cups Carnation Milk diluted with
- 2 cups cold water
- $\frac{1}{2}$ cup Carnation chocolate-flavored malted milk

Ice

Press the bananas through a sieve, then combine them with the diluted Carnation Milk and the Carnation chocolate-flavored malted milk in a shaker or bowl. Add ice. Shake, or beat well. Serves 6 to 8.

HOT COCOA

- 3 tablespoons cocoa
- 3 tablespoons sugar
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{2}$ cup hot water
- $\frac{1}{2}$ cups Carnation Milk diluted with
- $\frac{1}{2}$ cups water

Mix cocoa, sugar, and salt in top of double boiler and add hot water. Cook over low heat 10 minutes, stirring occasionally. Gradually add diluted Carnation Milk to cocoa syrup and continue cooking in double boiler 10 minutes. Stir thoroughly before serving. Serves 6.

EGG MILK SHAKE

- 1 egg
- 1 teaspoon sugar
- $\frac{1}{4}$ cup Carnation Milk diluted with
- $\frac{1}{4}$ cup water
- $\frac{1}{8}$ teaspoon nutmeg

Beat egg until lemon colored. Add remaining ingredients, and beat or shake well. Serve cold. Serves 1.

MOCHA CHOCOLATE

- 2 squares bitter chocolate
- 1 cup boiling water
- 2 tablespoons coffee
- $3\frac{1}{2}$ tablespoons sugar
- $\frac{1}{8}$ teaspoon salt
- 2 cups Carnation Milk, undiluted
- 1 teaspoon vanilla extract

Cut chocolate in small pieces. Pour boiling water over coffee. Let stand 5 minutes. Strain. Add to chocolate. Add sugar and salt. Cook over direct heat, stirring constantly 2 minutes. Add Carnation Milk. Stir until blended, then add flavoring. Serve with whipped Carnation Milk.* Serves 6.

PINEAPPLE EGGNOG

- 2 eggs
- 3 tablespoons sugar
- $\frac{1}{2}$ cup Carnation Milk diluted with
- $\frac{1}{2}$ cup water
- $\frac{1}{2}$ cup pineapple juice

Separate eggs. Beat egg yolks, add sugar and diluted Carnation Milk. Fold in stiffly beaten egg whites. Add pineapple juice and mix well. Serves 2.

ORANGE FROST

- $\frac{1}{2}$ cups Carnation Milk diluted with
- $\frac{1}{2}$ cups water
- $\frac{1}{2}$ tablespoons sugar
- $\frac{1}{2}$ cup chipped ice
- $\frac{1}{2}$ cups orange juice
- 2 teaspoons grated or finely chopped orange rind

Put diluted Carnation Milk and sugar into fruit jar or shaker. Shake well with chipped ice. Add orange juice and rind and shake vigorously. Serves 6.

GINGER ALE FIZZ

- 1 cup Carnation Milk, undiluted
- 3 cups ginger ale

Mix, do not shake. Stir thoroughly with cracked ice. Garnish with mint or lime slice. Serves 4 to 5.

* See page 4



Breads

● Hot home-made breads add easy luxury, distinction and glamor to any meal. Yet these fresh-from-the-oven tempters are economical and simple to make . . . and creamy-smooth Carnation Milk adds much to their texture and nourishing values.

GINGERBREAD

- 1/2 cup Carnation Milk, undiluted
- 1/2 tablespoon vinegar
- 2 cups sifted flour
- 1/2 teaspoon soda
- 1/2 teaspoon ginger
- 1/2 teaspoon cinnamon
- 1/2 teaspoon baking powder
- 1/4 teaspoon cloves
- 1/2 cup sugar
- 3/4 cup molasses
- 2 eggs
- 1/2 cup soft shortening

Combine Carnation Milk and vinegar. Sift flour into mixing bowl with other dry ingredients. Add molasses to the soured Carnation Milk. Stir into dry ingredients. Add eggs, one at a time, and beat thoroughly, blend in shortening. Pour into a well-greased layer cake pan. Bake in a moderate oven (350-375° F.) 25 to 30 minutes. Makes 1 layer 9 inches square.

FEATHERY BISCUITS

- 2 cups sifted flour
- 1/2 teaspoon salt
- 1/4 cup shortening
- 1/3 cup Carnation Milk diluted with
- 1/3 cup water
- 2 teaspoons vinegar
- 1/2 teaspoon soda

Sift flour with salt. Work in shortening. Combine diluted Carnation Milk and vinegar and add soda. Add this to flour mixture and combine thoroughly. Turn onto a floured board and roll to about 3/8 inch thickness. Cut and bake on an ungreased baking sheet in a very hot oven (450° F.). Makes 12 biscuits.



PRUNE NUT BREAD

(Illustrated)

- 1 cup prunes
- 3 cups sifted flour
- 4 teaspoons baking powder
- 1/2 teaspoon soda
- 1 1/2 teaspoons salt
- 2 tablespoons sugar
- 1/4 cup shortening
- 2 eggs
- 1/2 cup Carnation Milk diluted with
- 1/2 cup water
- 1/2 cup chopped nutmeats

Rinse prunes; drain and dry on a towel. If prunes are very dry, boil them 5 minutes. Remove pits, and put prunes through food chopper. Sift flour with baking powder, soda, salt and sugar. Cut shortening into flour mixture. Beat eggs; add diluted Carnation Milk and stir into flour mixture. Add prunes and nuts. Pour into well-greased loaf pan about 9 x 5 x 3 inches. Place extra halves of prunes and whole nutmeats on top. Bake in a moderate oven (350-375° F.) 1 hour or until brown. Turn out on rack to cool. Makes 1 loaf.

PEANUT BUTTER BREAD

- 2 cups sifted flour
- 1/3 cup sugar
- 3 teaspoons baking powder
- 1 teaspoon salt
- 3/4 cup peanut butter
- 1 egg
- 1/2 cup Carnation Milk diluted with
- 1/2 cup water

Sift together flour, sugar, baking powder and salt. Cut in peanut butter with pastry blender. Beat egg slightly with diluted Carnation Milk and add to first mixture. Blend well. Pour into well-greased loaf pan and bake in a moderate oven (350-375° F.) for one hour or until brown. Turn out on rack to cool. Makes 1 loaf.



Candies

● Everyone loves home-made candy — if it's really good. Carnation-rich candies have a delicate texture, a remarkable smoothness that is simply mouth-melting. Their flavor is richer and they stay fresh longer than ordinary candies. Carnation candies excel in wholesome, nourishing goodness because Carnation is *double-rich* as it pours from the can.

CARNATION VELVET FUDGE

- 3 cups sugar
- 2 tablespoons corn syrup
- 3 squares bitter chocolate, shaved
- $\frac{1}{8}$ teaspoon salt
- 1 cup Carnation Milk, undiluted
- 3 tablespoons butter
- 1 cup nutmeats, chopped

Mix all ingredients except the butter and nuts. Boil until syrup reaches 238° F. or until a soft ball is formed when a small amount of mixture is dropped in cold water. Remove from heat and add butter. Cool until lukewarm. Beat until creamy, add nuts and pour into a buttered pan. Cut into squares. May be formed into a roll, wrapped in waxed paper, and cut in thin slices, if desired.

COCOANUT KISSES

- $\frac{1}{2}$ cup Carnation Milk, undiluted
- $\frac{1}{2}$ cup sugar
- 2 cups shredded cocoanut
- $\frac{1}{4}$ teaspoon almond extract

Combine ingredients. Drop from a teaspoon onto a well-oiled (not buttered) baking sheet. Bake in a slow oven (325° F.) 15 minutes. Remove from pan while hot.

CREAMY TAFFY

- 2 cups sugar
- $\frac{1}{4}$ cup white corn syrup
- $\frac{3}{4}$ cup water
- 1 cup Carnation Milk, undiluted
- 1 tablespoon butter
- $\frac{1}{2}$ teaspoon vanilla extract

Combine sugar, corn syrup, and water in saucepan; cook until sugar is dissolved. Add Carnation Milk and butter. Cook slowly until a hard ball is formed when a small amount of syrup is dropped in cold water (268° F.), stirring constantly. Remove from heat, add vanilla and pour onto a buttered pan. When cool enough to handle, pull until the candy is light in color and no longer sticky to touch. Lay out on waxed paper. Cut into $\frac{1}{2}$ inch pieces. Makes 2 dozen.

PENOCHE

- 2 cups brown sugar
- $\frac{1}{2}$ cup Carnation Milk, undiluted
- 2 tablespoons butter
- 1 cup nutmeats, chopped

Combine sugar, Carnation Milk, and butter. Boil to soft ball stage (234°-238° F.). Remove from heat. Cool to room temperature. Beat until creamy. Add nuts. Continue beating until mixture will hold its shape. Pour into well-buttered, shallow pan. Cut in squares.

CREAM CARAMELS

- 1 cup sugar
- $\frac{1}{8}$ teaspoon salt
- 1 cup corn syrup
- $\frac{1}{4}$ cup butter
- $\frac{3}{4}$ cup Carnation Milk, undiluted
- 1 teaspoon vanilla extract

Stirring occasionally, boil sugar, salt and corn syrup rapidly to 245° F. Add butter and Carnation Milk gradually so that the mixture does not stop boiling at any time. Cook rapidly to firm ball stage (242° F.). Stir constantly because the mixture sticks easily at the last. Add flavoring and pour into a buttered pan. Cool thoroughly before cutting. Cut with a heavy, sharp knife with a saw-like motion. About 25 minutes are required for cooking. Makes 1 pound or 22 caramels $\frac{3}{4}$ x $\frac{1}{2}$ ".







Cakes and Cookies

● Cakes that are delicious, and attractive too, are the goal of every homemaker — for who doesn't like to hear compliments on her baking! Worthy of her art are these cake and cookie recipes — cakes rich and feather-light with velvet-blending Carnation Milk, and cookies just asking to be "snitched" when Mom isn't looking.

CHOCOLATE PEPPERMINT CAKE

(Illustrated)

- ¾ cup shortening
- 1¼ cups sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 2 cups sifted cake flour
- 2½ teaspoons baking powder
- ¼ teaspoon soda
- 1 teaspoon salt
- ½ cup cocoa
- ½ cup Carnation Milk diluted with
- ½ cup water
- 2 drops oil of peppermint

Cream shortening and sugar. Beat egg slightly with vanilla and add. Sift dry ingredients together. Add alternately with diluted Carnation Milk to the first mixture. Beat well. Add oil of peppermint. Bake in greased 8-inch cake pans in a moderate oven (350°-375° F.) about 30-40 minutes. Frost with Pink Icing and decorate with crushed peppermint. Serves 8 to 10.

PEANUT COOKIES

- ¼ cup shortening
- ½ cup sugar
- 1 egg
- ¼ cup Carnation Milk, undiluted
- 1 teaspoon lemon juice
- 1 cup sifted flour
- ½ teaspoons baking powder
- ½ teaspoon salt
- ½ cups finely ground peanuts

Cream shortening. Add sugar and continue creaming until light and fluffy. Beat in the egg, then add Carnation Milk and lemon juice. Sift flour with baking powder and salt into first mixture. Stir in peanuts. Drop from a spoon onto a slightly greased baking sheet. Place a damp cloth over bottom of a jelly glass and press cookies out flat. Bake in a moderate oven (350°-375° F.) about 10 minutes. Makes 3 dozen cookies.

PINK ICING

- 6 tablespoons butter
- 3 cups sifted confectioners' sugar
- 3 tablespoons Carnation Milk, undiluted
- 1 teaspoon vanilla extract
- Few drops of red coloring

Cream butter until soft. Add sugar alternately with Carnation Milk. Add vanilla and coloring to make a delicate pink. Spread on cold cake. Makes enough frosting for 1 cake 8 inches in diameter.

HALF-AND-HALF CUP CAKES

- ½ cup butter
- 1 cup sugar
- 2 eggs
- 2 cups sifted cake flour
- ½ teaspoon salt
- 3 teaspoons baking powder
- ¼ cup Carnation Milk diluted with
- ¼ cup water
- 1 teaspoon vanilla extract
- 1 square chocolate, melted

Cream butter and sugar; beat in eggs. Sift dry ingredients and add alternately with diluted Carnation Milk. Add vanilla and divide batter into 2 equal parts. Add melted chocolate to one part. Put half light and half chocolate batter in greased muffin pans or paper baking cups. Bake in moderately hot oven (400° F.) for 20 to 25 minutes. Frost. Makes 1 dozen cup cakes.

CARAMEL FROSTING

- 1½ cups sugar
- ½ cup light brown sugar
- ¾ cup Carnation Milk, undiluted
- 1 tablespoon butter
- ½ teaspoon vanilla extract

Boil sugars and Carnation Milk to 230° F. (This is 6° below the soft ball stage.) Add butter and vanilla. Cool, and beat until stiff. May be thinned with Carnation Milk. Frosts 12 cup cakes.



Frozen Desserts

● Long ago the Romans flavored snow with fruit juices and served it as a summer dessert. Today ice cream and its many variations find favor as typical American desserts. Texture, consistency, and flavor are important, for these desserts must be velvety-smooth and richly flavored. Carnation recipes have been created and perfected for your pleasure . . . rich, creamy, tempting, and refreshing.

APRICOT VELVET CREAM

(Illustrated)

- 1 No. 2½ can apricot halves
- ¼ cup confectioners' sugar
- ⅛ teaspoon salt
- 1 cup Carnation Milk, chilled for whipping*

Mash apricots, reserving a few for garnish, and add sugar and salt. Whip chilled Carnation Milk until thick. Fold in apricot mixture. Freeze in freezing tray for two hours. Serves 6.

MACAROON ICE CREAM

- 2 cups Carnation Milk, undiluted
- ½ cup sugar
- ⅛ teaspoon salt
- 1½ teaspoons vanilla extract
- 1½ cups crushed almond macaroons

Combine the above ingredients and stir until well blended. Pour into freezing tray of automatic refrigerator and freeze for 3 hours. Serves 6.

GRAHAM CRACKER DELIGHT

- ¾ teaspoon plain, unflavored gelatin
- 1 tablespoon cold water
- 1 cup Carnation Milk, undiluted
- 6 graham crackers
- ¼ cup sugar
- 2 teaspoons vanilla extract

Soften gelatin in water. Scald Carnation Milk over boiling water. Add softened gelatin and stir until dissolved. Chill until icy cold. Roll crackers into fine crumbs. There should be ½ cup crumbs. Let stand. Whip chilled Carnation Milk mixture until stiff. Continue beating while gradually adding the sugar. Fold in graham cracker crumbs and vanilla. Freeze, without stirring, in tray of automatic refrigerator at lowest temperature or in a mold buried in a mixture of 3 parts crushed ice to 1 part ice cream salt. Makes about 1½ pints.

NO-CREAM ICE CREAM

- ½ cup Carnation Milk diluted with
- ½ cup water
- 1½ tablespoons flour
- ⅓ cup sugar
- ⅛ teaspoon salt
- 2 tablespoons lemon juice
- 1 cup Carnation Milk, whipped*
- 1½ teaspoons vanilla extract

Scald diluted Carnation Milk. Mix flour, sugar and salt. Add scalded milk and cook until thick. Chill. Add lemon juice to whipped Carnation Milk and fold into cooled milk mixture. Add vanilla. Freeze in tray of refrigerator for 3 hours. Serves 6.

CRANBERRY MOUSSE

- 1 cup Carnation Milk, undiluted
- 2 tablespoons lemon juice
- 1½ cups or 1 can jellied Cranberry Sauce, mashed
- ¼ cup orange juice

Chill Carnation Milk thoroughly. Whip until stiff. Add lemon juice and continue whipping until very stiff. Cut and fold in the cold cranberry sauce and orange juice, lightly but thoroughly. Pour into cold freezing tray of an automatic refrigerator and freeze, or pour into a mold and pack in a 1:3 salt-ice mixture. Makes 1 quart.



* See page 4



Desserts

● The modern magic that enters into the making of velvet-smooth refrigerator cakes and the beautiful appearance of these milk-rich desserts might give the impression that they are hard to make. Quite the contrary! These creamy desserts with the professional look can be made by any cook.

ORANGE VELVET ICE-BOX CAKE

- 1 tablespoon gelatin
- 3 tablespoons cold water
- 1 cup Carnation Milk diluted with 1 cup water
- 2 tablespoons cornstarch
- 1 cup sugar
- 2 eggs
- $\frac{3}{4}$ cup orange juice
- 1 teaspoon grated orange rind
- 2 dozen lady fingers or 1 sponge cake
- $\frac{2}{3}$ cup Carnation Milk chilled for whipping*

Soften gelatin in cold water. Scald $1\frac{3}{4}$ cups diluted Carnation Milk in double boiler. Mix cornstarch and sugar; add to hot milk. Cook 10 minutes, stirring constantly. Add slightly beaten eggs combined with remaining $\frac{1}{4}$ cup diluted milk. Cook a few minutes longer, stirring constantly. Remove from heat; stir in softened gelatin. Add orange juice and rind. Line a mold with lady fingers or $\frac{1}{2}$ -inch fingers of sponge cake. Fill with alternate layers of cooked mixture and fingers. Arrange fingers on top. Chill a few hours. Serve with whipped Carnation Milk. Garnish with cherries or sliced orange. Serves 8 to 10.

RICE-CREAM PUDDING WITH CARMEL SAUCE

- $\frac{1}{4}$ cup uncooked rice
- $\frac{1}{4}$ cup sugar
- 2 cups Carnation Milk diluted with 2 cups water
- $\frac{1}{4}$ teaspoon salt
- $\frac{3}{4}$ cup raisins
- $\frac{1}{2}$ teaspoon vanilla extract

Place the rice, sugar, diluted Carnation Milk and salt in deep baking dish. Bake in a moderate oven (350° - 375° F.) until a brown crust is formed. Stir this under and continue the baking until the crust is stirred under 3 times. Add the raisins, reduce the heat to 325° F. and bake until the rice is very tender and the mixture is creamy. Remove and add the vanilla. Delicious with caramel sauce. Serves 6 to 8.

CARMEL SAUCE

- 1 cup brown sugar
- $\frac{1}{2}$ cup Carnation Milk, undiluted
- $\frac{1}{2}$ teaspoon butter

Combine ingredients, cook for 3 minutes in double boiler. Serve hot or cold on puddings.

CHOCOLATE CHIP PUDDING

- 2 cups bread (3 slices, cubed)
- 2 eggs
- $\frac{1}{2}$ cup sugar
- $\frac{1}{4}$ teaspoon salt
- 1 tall can Carnation Milk, undiluted
- 1 cup boiling water
- 2 squares sweet chocolate, grated
- $\frac{1}{2}$ teaspoon vanilla extract

Place bread in buttered baking dish. Beat eggs, add sugar, salt and Carnation Milk. Stir in the water. Add chocolate and vanilla. Pour over bread. Bake in a moderate oven (350° - 375° F.) until set, about 45 minutes. Serves 6 to 8.

PRUNE NUT WHIP

- 1 cup cooked sieved prunes
- $\frac{1}{4}$ cup sugar
- 2 tablespoons lemon juice
- 1 cup Carnation Milk, chilled for whipping*
- $\frac{1}{2}$ cup walnuts, chopped

Blend prunes and sugar. Add lemon juice to whipped Carnation Milk and beat until stiff. Fold into prune mixture. Add walnuts and serve in sherbet glasses topped with a whole walnut meat. Serves 6.



* See page 4



Casserole Dishes

● The casserole is a magic dish that permits you to mix a main course ahead of time. There is no extra serving platter, no pot to wash — and you may even tuck the casserole away in the refrigerator for the next day's use. Creamy Carnation Milk helps to keep these dishes velvet-smooth, tender and moist.

CHEESE DREAM PIE

- 3 tablespoons butter
- 1 teaspoon ground sage
- 12 slices bread
- 1/2 pound American cheese, sliced
- 1 1/2 cups Carnation Milk diluted with
- 1 1/2 cups water
- 1 1/2 teaspoons salt
- 1/8 teaspoon cayenne
- 3 eggs

Blend butter and sage. Trim crusts from bread, spread 6 slices with butter mixture, top with sliced cheese and slices of bread. Cut each into three triangles; arrange in 2 layers in a deep 9-inch pie dish or shallow casserole. Add diluted Carnation Milk and seasonings to slightly beaten eggs; pour over cheese sandwiches. Bake in moderate oven (350°-375° F.) about 45 minutes. Serves 6 to 8.

GOLDEN EGG AND TOMATO

- 1/2 cup butter
- 1/3 cup flour
- 1 tall can Carnation Milk diluted with
- 3/4 cup water
- 3/4 teaspoon salt
- 3/4 teaspoon Worcestershire sauce
- 1/8 teaspoon white pepper
- 6 hard-cooked eggs, cut in wedges
- 1 cup cooked peas
- 4 tomatoes, thinly sliced
- 6 slices toast

Heat butter in double boiler, add flour, blend thoroughly and add diluted Carnation Milk gradually, stirring constantly; add seasoning and cook over hot water 5 minutes or until thickened. Add eggs and peas and continue cooking for 5 minutes. Place tomato slices on each piece of toast. Cover with sauce and garnish with parsley. Serves 6.

EGGS STUFFED WITH MUSHROOMS

- 1/4 pound mushrooms or 1/2 cup
- canned mushrooms
- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup boiling water
- 1 1/8 cups Carnation Milk, undiluted
- 1/2 teaspoon salt
- 6 hard-cooked eggs
- 1/4 cup chopped, blanched almonds
- (if desired)

Buttered bread crumbs

Clean mushrooms. Chop stems but leave caps whole. Saute mushrooms in the butter. Remove mushrooms. Add flour to butter remaining in pan. Stir to blend well. Add boiling water. Cook until sauce begins to thicken, then add 1 cup Carnation Milk and salt. Cut eggs in two crosswise, mash egg yolks with chopped mushroom stems, almonds, and remaining Carnation Milk. Refill egg whites with this mixture. Put into buttered baking dish with mushroom caps. Pour sauce over eggs. Top with buttered bread crumbs and brown in a moderate oven (350°-375° F.). Serves 6.

ESCALLOPED CORN AND CELERY

- 2 cups corn, fresh cut or canned whole
- kernel
- 1 cup celery, chopped fine
- 1 small green pepper, chopped
- 1 cup buttered dry bread crumbs
- 2 tablespoons butter
- 1 teaspoon salt
- 1 cup Carnation Milk, undiluted

Arrange corn, celery, green pepper and crumbs in layers in a buttered baking dish. Scald Carnation Milk, add butter and salt and pour over vegetables. Cover with buttered crumbs, and bake in a slow oven (325° F.) 30 to 40 minutes. Serves 8.

Salads

● There's no easier way to create table beauty than to highlight the menu with an attractive salad. With almost every color in the rainbow to work with, you become an artist—designing in food. Velvet-smooth Carnation salad dressings make the salad a surprise and delight to all who partake.

VELVET-SMOOTH EGGLESS MAYONNAISE

(Illustrated)

- 2 teaspoons sugar
- $\frac{1}{2}$ teaspoon paprika
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon white pepper
- $\frac{1}{2}$ teaspoon dry mustard
- $\frac{1}{2}$ cup Carnation Milk, undiluted
- $2\frac{1}{2}$ tablespoons vinegar
- $1\frac{1}{4}$ to $1\frac{1}{2}$ cups salad oil

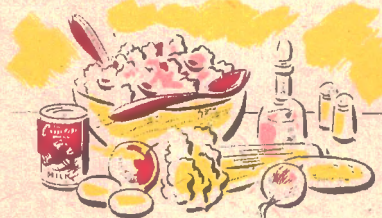
Mix dry ingredients with Carnation Milk; beat in vinegar, add oil gradually, beating thoroughly. Since the mixture thickens somewhat when chilled, it may be desirable to thin it with undiluted Carnation Milk before using. Makes 1 pint.

For fruit salad dressing, use $1\frac{1}{2}$ tablespoons sugar and 2 tablespoons vinegar instead of amounts given above. Omit pepper and mustard.

RED AND WHITE SALAD

- $1\frac{1}{2}$ tablespoons gelatin
- $\frac{1}{3}$ cup cold water
- 3 cups cottage cheese
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon paprika
- $\frac{1}{8}$ teaspoon cayenne
- $\frac{3}{4}$ cup Carnation Milk, undiluted
- Strawberries or other fruit
- $\frac{1}{2}$ cup Eggless Mayonnaise

Soften gelatin in cold water; dissolve over hot water. Mash cheese with a fork; add seasonings, Carnation Milk and softened gelatin. Pour into a 1-quart ring mold. Place in refrigerator until set. Unmold and fill center with strawberries and mayonnaise. Other berries or fruit may be used. Serve on bed of lettuce. Serves 6.



VITAMIN SALAD

(Illustrated)

- 1 cup celery, diced
- 1 cup carrots, cooked and diced
- $\frac{1}{2}$ green pepper, diced fine
- 2 cups cottage cheese
- $\frac{1}{2}$ cup Cheese Dressing
- 2 cups cabbage, shredded

Mix celery, carrots, pepper and cheese with $\frac{1}{4}$ cup cheese dressing. Place a generous amount of cabbage on a plate and mound a portion of cottage cheese mixture on the cabbage. Serve with crisp crackers and cheese dressing. Serves 6.

CHEESE DRESSING

- 1 cup Carnation Milk, undiluted
- 1 cup soft roquefort cheese (or nippy cheese)
- Salt to taste

Mix thoroughly, chill. For variation soft cheese may be combined with Eggless Mayonnaise for cheese dressing.

COLE SLAW WITH SOUR CREAM DRESSING

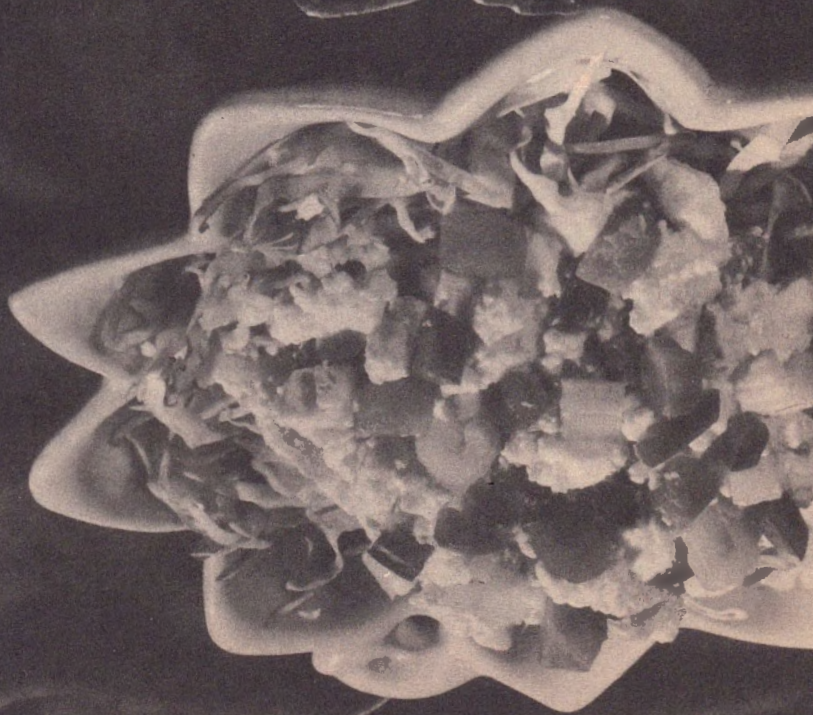
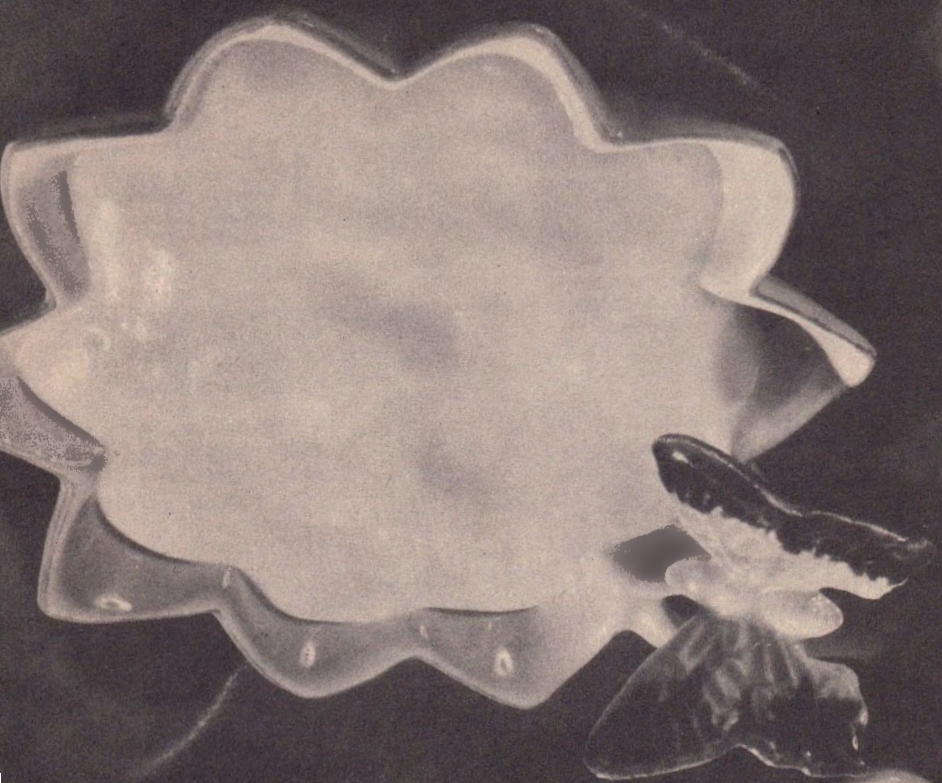
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- $1\frac{1}{2}$ tablespoons sugar
- 3 cups finely cut cabbage
- 3 tablespoons lemon juice or vinegar
- 6 tablespoons Carnation Milk, undiluted

Add salt, pepper and sugar to cabbage. Combine lemon juice with Carnation Milk, pour on cabbage and toss together with two forks until thoroughly blended. Keep cold until ready to serve. Shredded lettuce may be used in place of cabbage. Serves 6.

DAISY SALAD

- 6 hard cooked eggs
- 16 lettuce leaves
- $\frac{1}{2}$ cup Eggless Mayonnaise

Cut white of eggs into rings. Mix yolks with mayonnaise. On a platter arrange leaves to form cups. On leaves place egg rings to simulate daisy petals. Heap yolks in center. Serves 4.





Meats, Fish and Poultry

● Menu-decorating with these milk-rich main dishes will be practiced by many a wise homemaker, well aware that sound nutrition is essential for a healthy family. These main dishes not only are attractive but offer a real taste thrill with their genuine goodness.

VELVET-SMOOTH MEAT LOAF

- 1 pound fresh ground beef
- 1 egg
- 1½ teaspoons salt
- ½ cup finely chopped onion
- 1 tall can Carnation Milk, undiluted
- 2 cups soft bread crumbs

Combine all ingredients, mixing thoroughly. Pack into a greased loaf pan and bake in a moderate oven (350°-375° F.) for about 1 hour. Slice and serve hot or cold. Serves 6.

CREAMED CHIPPED BEEF WITH HOT CORN BREAD

Creamed Chipped Beef:

- 1½ tablespoons butter
- 2 tablespoons flour
- 1 cup Carnation Milk diluted with
- 1 cup water
- ¼ pound dried chipped beef

Melt butter. Add flour, stir until smooth, then add diluted Carnation Milk and cook over hot water until sauce begins to thicken. Add beef that has been pulled into small pieces, and continue cooking over hot water until thoroughly heated. Serve over hot corn bread. Serves 4.

Corn Bread:

- 1 cup yellow corn meal
- 1 cup sifted flour
- ¼ cup sugar
- 1 teaspoon salt
- 4 teaspoons baking powder
- ¼ cup chopped green pepper
- 1 egg
- ½ cup Carnation Milk diluted with
- ½ cup water
- 4 tablespoons melted shortening

Sift dry ingredients together. Mix in the green pepper. Stir in beaten egg and diluted Carnation Milk. Fold in shortening. Pour into a greased 8 inch square pan. Bake in a hot oven (425° F.) 20-25 minutes.

FLAKED FISH SUPREME

- 2 cups fish flakes (may be crabmeat, salmon or lobster)
- ½ cup grated cheese
- 2 eggs
- 1 cup Carnation Milk diluted with
- 1 cup water
- 3 rolled crackers
- 2 tablespoons melted butter
- Juice of 1 lemon

Combine fish flakes and cheese, add beaten eggs and diluted Carnation Milk and pour into buttered casserole. Cover with cracker crumbs mixed with melted butter. Pour lemon juice over all. Cover, set casserole in a pan of warm water. Bake in a moderate oven (350°-375° F.) about 30 minutes. Serves 6 to 8.

CREAMED CHICKEN IN RICE RING

(Illustrated)

Creamed Chicken:

- 1½ tablespoons butter
- 2 tablespoons flour
- 1 cup chicken broth
- 1 cup Carnation Milk, undiluted
- 2 cups diced cooked chicken
- ½ teaspoon salt

Make a sauce of butter, flour, broth, Carnation Milk, and salt. Add diced chicken and heat in double boiler. Pour creamed chicken into center of rice ring, garnish with parsley. Serves 8.

Rice Ring:

- 1 egg
- ½ teaspoon salt
- 1 teaspoon grated onion
- 1 cup Carnation Milk, undiluted
- ½ cup chicken broth
- 3 cups cooked rice

Beat egg. Add remaining ingredients. Pour into well-buttered ring mold. Set in a pan of hot water. Bake in moderate oven (350°-375° F.) until set (about 45 min.) Serves 6-8.



Pies

● Are pies just plain, everyday foods? Not these! Here they are presented with a different twist. The velvet blend of Carnation Milk makes them super-smooth and creamy. When you serve pies like these, expect a call for "seconds"!

PEACH CREAM PIE

(Illustrated)

- $\frac{2}{3}$ cup sugar
- $\frac{1}{3}$ cup flour
- $\frac{1}{4}$ teaspoon salt
- 2 cups Carnation Milk, undiluted, scalded
- 2 eggs
- 1 teaspoon vanilla extract
- 1 9-inch baked pastry shell
- 14 peach slices

Mix sugar, flour, and salt; slowly add Carnation Milk. Cook in double boiler until thick, stirring constantly. Add small amount hot mixture to slightly beaten eggs; stir into remaining hot mixture; cook 4 minutes. Add vanilla. Cool; pour into baked shell. Arrange peach slices clockwise on top. Chill.

BANANA CREAM PIE

- $\frac{1}{3}$ cup flour
- $\frac{2}{3}$ cup sugar
- $\frac{1}{4}$ teaspoon salt
- 1 cup Carnation Milk diluted with 1 cup water
- 3 eggs
- 2 tablespoons butter
- $\frac{1}{2}$ teaspoon vanilla extract
- 1 9-inch baked pastry shell or crumb crust
- 3 bananas sliced
- 6 tablespoons sugar

Mix flour, $\frac{2}{3}$ cup sugar, and salt; gradually add diluted Carnation Milk. Cook in double boiler until thick, stirring constantly. Separate eggs, beat yolks slightly, add small amount of hot mixture to egg yolks; stir into remaining hot mixture. Cook 2 minutes. Cool; add butter and vanilla extract. Arrange bananas in baked shell. Pour cream mixture on top and cover with meringue made of egg whites and 6 tablespoons sugar. Bake in moderate oven (350° - 375° F.) 12 to 15 minutes.



CRUMB CRUST

- 4 cups corn flakes, bran flakes, or wheat flakes
- $\frac{1}{4}$ cup sugar
- 1 tablespoon flour
- $\frac{1}{3}$ cup melted butter

Crush the cereal very fine to obtain one cup of crumbs. Add sugar and flour. Mix in the melted butter thoroughly. Press mixture evenly into a pie pan, making the bottom slightly thicker than the sides. Bake in a moderate oven (350° - 375° F.) 7 to 10 minutes. (This crust will harden while it cools.) Cool before adding cooked fillings. Makes 1 8-inch pie crust.

PINK VELVET COMPANY PIE

- 16 graham crackers, crushed fine
- 4 tablespoons butter, melted
- 1 package strawberry gelatin dessert
- $\frac{1}{2}$ cup hot water
- $\frac{1}{4}$ cup lemon juice
- $\frac{1}{4}$ cup sugar
- 1 tall can chilled Carnation Milk, undiluted
- 1 teaspoon lemon rind, grated

Mix graham crackers with butter and line deep 9-inch pie plate, saving about $\frac{1}{4}$ cup of mixture for topping. Dissolve gelatin dessert in hot water. Add lemon juice and sugar and let stand while whipping Carnation Milk to a stiff froth. Add gelatin mixture to whipped Carnation Milk and continue whipping until a stiff peak is formed. Stir in lemon rind. Pour over the graham cracker crust. Top with remaining crumbs. Chill about 4 hours or until firm. Serves 6 to 8.



Sauces

● Sauces lend distinction to the simplest dishes, making them delicately moist and flavorful. Carnation Milk Sauces are creamy-smooth and velvet-textured . . . and they add precious milk nutrients, too.

MILK CHOCOLATE SAUCE

- 1½ cups sugar
- ½ cup water
- 4 squares unsweetened chocolate
- ½ teaspoon vanilla extract
- ¼ cup Carnation Milk, undiluted

Let sugar and water boil in a saucepan for 5 minutes. Cool slightly. Melt chocolate over hot water and add. Blend in vanilla. Place in double boiler or in a pan over hot water until ready to serve. At the last moment stir in the Carnation Milk. Makes 2 cups.

PLUM PUDDING SAUCE

- ¼ cup butter
- 1 cup confectioners' sugar
- 2 tablespoons cider
- 2 eggs
- ½ cup Carnation Milk, undiluted

Cream butter and confectioners' sugar. Add the cider. Separate eggs and beat yolk until lemon colored and add. When well mixed, stir in Carnation Milk. Cook in double boiler until sauce is thick as custard. Remove from heat. Beat egg whites until stiff. Gradually add hot mixture, beating constantly until blended. Makes 1 cup.



WHITE SAUCE

Thin White Sauce:

- 1 tablespoon butter
- 1 cup Carnation Milk, undiluted
- 1 tablespoon flour
- ¼ teaspoon salt

Medium White Sauce:

- 2 tablespoons butter
- 1 cup Carnation Milk, undiluted
- 2 tablespoons flour
- ¼ teaspoon salt

Thick White Sauce:

- 3 tablespoons butter
- 1 cup Carnation Milk, undiluted
- 3 tablespoons flour
- ¼ teaspoon salt

Melt butter, add flour and blend until smooth. Add cold Carnation Milk and cook until thickened, stirring constantly. Add salt and any other desired seasonings. Pour over any hot cooked vegetables just before serving. White sauces and cream sauces are delicious and creamy when made with undiluted Carnation Milk, owing to the creaminess of the milk itself. White sauce may be used as the foundation of cream soups.

CELERY SAUCE

- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup cooked, diced celery
- 1 cup Carnation Milk diluted with
- 1 cup water in which celery was cooked
- ½ teaspoon salt

Melt butter in saucepan and blend in flour. Slowly stir in celery and diluted Carnation Milk, blending thoroughly. Cook, stirring constantly, until thickened and smooth. Season with salt. Makes 2 cups.

CHEESE SAUCE

Scald 1 small can Carnation Milk (¾ cup) over boiling water. Add ¼ to ½ pound American cheese. Continue cooking until well blended (about 5 minutes). Serves 6.





Soups

● Some menus need an extra "lift" that only a soup can give. These milk-rich soups take the edge off hunger and help to make the meal more relaxing. Creamy, smooth, and nutritious, these soups can also be the luncheon main course served with salad and dessert.

VELVET TOMATO SOUP

- 1 tall can Carnation Milk, undiluted
- 1 can condensed tomato soup
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{2}$ cup chilled Carnation Milk, undiluted

Heat Carnation Milk and soup separately — slowly to prevent scorching. When hot (not boiling) blend soup into the milk. Don't pour milk into soup, as this will cause curdling. Season to taste. Serve immediately, garnish with whipped Carnation*. Serves 4.

CREAM OF POTATO SOUP

(Illustrated)

- 8 medium-sized potatoes
- 1 egg, slightly beaten
- 1 cup Carnation Milk, undiluted
- Salt and pepper to taste
- Chopped parsley

Peel and dice potatoes, cook until tender in enough salted water to cover. Drain, reserving 4 cups of the liquid. Force potatoes through ricer or sieve. Combine with potato water. Add egg and Carnation Milk, beating well. Season to taste. Heat thoroughly, stirring constantly. Serve at once, garnished with chopped parsley. Serves 6.

GOLDEN CARROT SOUP

- 4 carrots, scraped
- 1 potato
- Few drops onion juice
- 1 teaspoon butter
- 1 stalk celery
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{2}$ cup Carnation Milk, undiluted

Cook all ingredients except Carnation Milk, in enough water to cover, for 30 minutes. Rub through a sieve. Stir in Carnation Milk. Serves 2.

CREAM OF LIMA BEAN SOUP

- 1 cup dried lima beans
- 6 cups cold water
- 1 small carrot
- 1 small onion
- 1 sprig parsley
- 1 teaspoon black pepper
- 1 teaspoon Worcestershire sauce
- Few drops Tabasco sauce
- 2 teaspoons salt
- 1 tall can Carnation Milk, undiluted

Wash beans, cover with water and soak over night. Drain. Add 6 cups water and cook slowly until tender — about 1 hour. After cooking $\frac{1}{2}$ hour add vegetables and seasonings. When beans are tender, rub all through a sieve. There should be about 3 cups of pulp and liquid. Scald Carnation Milk, combine with bean pulp, and serve at once. Serves 6.

CREAM OF CORN SOUP

- $\frac{1}{4}$ cup finely chopped onion
- $\frac{1}{2}$ cup chopped green pepper
- 2 tablespoons butter
- $\frac{1}{4}$ cup flour
- $1\frac{3}{4}$ teaspoons salt
- $\frac{1}{2}$ teaspoon pepper
- 2 cups boiling water
- $2\frac{1}{4}$ cups cream-style corn

(1 No. 2 can)

- $3\frac{1}{3}$ cups Carnation Milk, undiluted

Cook onion and green pepper slowly in butter until onion is yellow. Add flour, salt and pepper and blend thoroughly. Add water slowly, stirring constantly, and cook until slightly thickened. Add corn and Carnation Milk, and heat over boiling water until ready to serve; or watch carefully to be sure that corn does not scorch. (If fresh corn is used, use $1\frac{1}{4}$ cups cut from cob, and increase the water to 3 cups.) Makes 6 to 8 servings.

* See page 4



Vegetables

● Vegetables served day after day in the selfsame way become — well, monotonous. Here are some recipes for making these everyday standbys and old acquaintances into favorite "specialties of the house."

HASHED-IN-CREAM POTATOES

- 3 cups diced cooked potatoes
- 3 tablespoons flour
- 1 tablespoon minced onion
- $\frac{1}{4}$ cup Carnation Milk, undiluted
- 1 teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 3 tablespoons butter

Chill potatoes beforehand or use left-over potatoes. Mix potatoes, flour, onion, Carnation Milk and seasonings thoroughly. Heat butter in a heavy skillet and turn potato mixture into it. Pat mixture into a large round cake and let it brown on the underside, without stirring, on low heat for about 20 minutes. Fold potatoes in half like an omelet so that the brown crust is outside. Place on a hot serving plate. Serves 4.

ASPARAGUS TIPS IN PEPPER CASES

- 2 medium-sized green peppers
- 1 can asparagus tips
- 1 cup medium white sauce*, seasoned
- $\frac{1}{4}$ cup grated cheese
- Buttered crumbs

Cut peppers in halves lengthwise, remove seeds and white portion. Cook peppers for 5 minutes in boiling salted water, drain. Combine asparagus tips with well-seasoned white sauce and fill pepper shells with the mixture. Sprinkle with grated cheese and cover with buttered crumbs. Place peppers in a baking dish, cover bottom of dish with water, and bake in a moderate oven (350° - 375° F.) for about $\frac{1}{2}$ hour or until peppers are tender and crumbs browned. Serves 4.



MASHED POTATOES

- $1\frac{1}{2}$ quarts diced potatoes (6 medium potatoes)
- $1\frac{1}{2}$ teaspoons salt
- $\frac{1}{8}$ teaspoon pepper
- 2 tablespoons butter
- $\frac{1}{2}$ cup Carnation Milk, undiluted

Cook potatoes in a small amount of boiling salted water until tender and water is absorbed, or drain and use potato water in gravy. Mash. Add seasonings, butter and Carnation Milk. Beat until fluffy. Serves 6 to 8.

VELVET FRENCHED BEANS

- 1 pound fresh green beans
- 2 strips of bacon
- 1 tablespoon flour
- 1 cup Carnation Milk, undiluted

Cut beans through lengthwise. Cook covered in a small amount of salted water until tender (about 10 minutes). Cut bacon in small pieces. Fry until crisp. Add flour and blend until a smooth paste is formed. Add Carnation Milk and cook until thickened, stirring constantly. Pour hot sauce over drained beans. Serves 4.

VELVET CREAMED SPINACH

- 2 cups cooked spinach
- 3 tablespoons butter
- 1 tablespoon flour
- $\frac{1}{2}$ cup Carnation Milk, undiluted

Rub spinach through sieve. Reheat, add butter, flour, and Carnation Milk. Stir and cook 5 minutes. Season to taste and garnish with quartered hard-cooked eggs. Serves 4.

SUCCOTASH

- 1 cup cooked corn
- 1 cup cooked fresh lima beans
- 1 tablespoon butter
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{8}$ teaspoon paprika
- $\frac{1}{4}$ cup Carnation Milk, undiluted

Combine ingredients, heat and serve. Serves 6.

* See page 24

Leftovers

● It's an art to create tempting new dishes out of yesterday's leftovers, but once you accept the challenge always present in your refrigerator, even the wiener left from a picnic lunch has possibilities.

"Leftover economy" stretches any budget. Often you purposely buy more than enough for one meal, to make an excellent leftover dish that the family loves. Quantity buying is always cheaper than buying in small day-to-day amounts, and when velvet-smooth, creamy Carnation Milk is handy on the shelf, it's easy to lessen waste and stimulate taste.

This art of using leftovers helps you to entertain more often, too, because there's always enough at both the first and second meals. Start thinking in terms of leftovers and see how Carnation can help you to make delicious dishes of leftover vegetables, meats, fish, egg yolks, cakes, cookies, or rolls. See how its creamy texture velvet-blends to make many delightful combinations. Look in the refrigerator now and picture a new creation — that nobody will label a "leftover."

Have you some sweet potatoes left?

Try this:

SWEET POTATO SOUP

- 1 cup mashed sweet potatoes
- 3 cups thin white sauce**
- $\frac{1}{4}$ teaspoon nutmeg
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon paprika
- $\frac{1}{4}$ cup Carnation Milk, undiluted (if desired)

Add sweet potatoes to the hot white sauce. Add seasonings. If too thick add the Carnation Milk to thin soup. Serve hot with whipped Carnation* garnish. Serves 4.

For slices of cold roast:

GARNET VEAL

- 8 slices cooked veal
- $\frac{1}{2}$ teaspoons vinegar
- $\frac{1}{2}$ cup Carnation Milk, undiluted
- $\frac{1}{2}$ cup currant jelly, melted

Place slices of veal in a greased casserole. Add vinegar to Carnation Milk and mix with the melted jelly. Pour this mixture over the veal. Bake in a moderate oven (350°-375° F.) for 20 to 30 minutes, or until the liquid bubbles. Serves 4.

Those two cold wieners can add finesse:

GARNISH FOR A CREAM SOUP

Peel, slice cold wieners, add to Cream of Potato Soup**, spaghetti or rice dishes.

* See page 4

** See recipe

SANDWICH FILLING

Peel, slice, and mash cold wieners, mix with chopped pickles and Eggless Mayonnaise** as a spread.

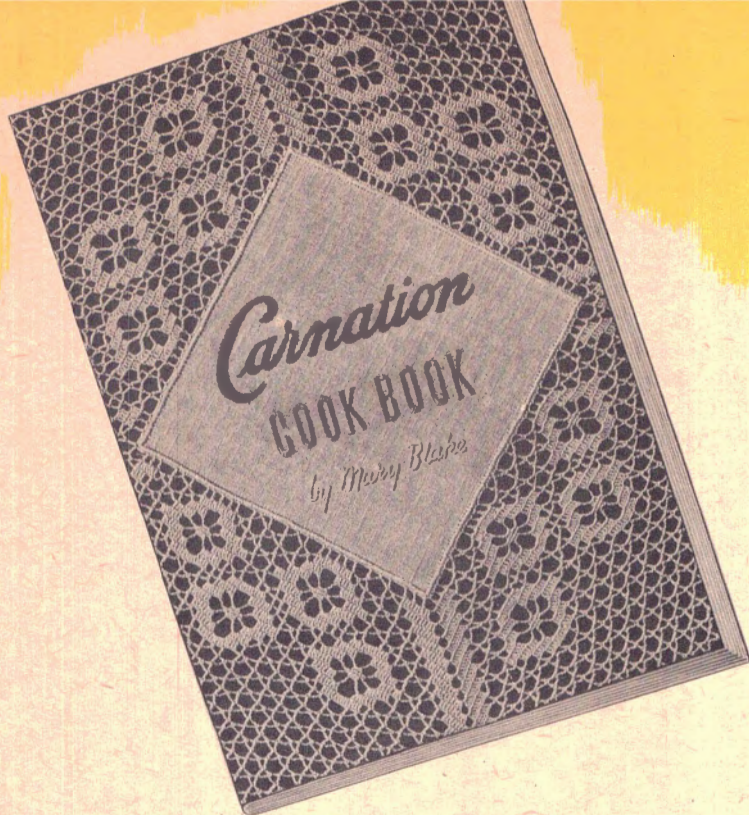
When fish is left:

SEA BUNDLES

- 2 cups flaked fish
- 1 teaspoon grated onion
- 2 tablespoons chopped parsley
- $\frac{1}{2}$ cup thick white sauce**
- $\frac{3}{4}$ cup cornmeal or crumbs (approx.)

Combine fish, onion and parsley with white sauce and blend. Chill. Shape into croquettes and roll in cornmeal. Place on a well-greased shallow baking pan and bake in a hot oven (425° F.) until delicately browned, or about 30 minutes. Serves 6. May be served with a seasoned white sauce**.





Carnation Cook Book

By MARY BLAKE

● Do send for this *De Luxe* Carnation Cook Book. A revised edition contains many more tempting recipes than we could include in your "Velvet Blend" book, and shows you many more ways to use Carnation Milk for better results in all cooking.

This is, beyond a doubt, one of the most attractive recipe books ever printed. Its convenient size, large type, beautiful full-color illustrations, and 96 pages of helpful suggestions and tested recipes make it a book that any homemaker will prize.

To cover cost of mailing, the *De Luxe* Carnation Cook Book is priced at 15 cents. You are cordially invited to send for your copy, enclosing coin or stamps with your letter.

CARNATION COMPANY
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FOR COOKING, FOR CREAMING, FOR WHIPPING, FOR DRINKING •
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